

4 GRAM SODIUM DIET

FOOD GROUPS	FOODS PERMITTED	FOODS TO AVOID
Beverages and Milk Products	Carbonated beverages Cereal beverages Coffee, decaffeinated coffee Tea, decaffeinated tea Milk, chocolate, skim, low fat, whole, or buttermilk Yogurt Fruit drinks and punches Alcoholic beverages as permitted by physician	None
Breads	Biscuits, muffins, pancakes, French toast, waffles All breads and rolls Unsalted breadsticks Unsalted crackers Unsalted popcorn or pretzels	Salted crackers Commercially prepared croutons, bread crumbs, coating mixes and stuffing mixes Salted popcorn or pretzels
Cereals	All breakfast cereals	None
Desserts and Sweets	All desserts	None
Fats	Avocados Bacon (limit to 1 strip per day) Butter, margarine, cream cheese, cream, non dairy creamer, sour cream Regular gravies and sauces must be prepared without salt Lard, oil, shortening, mayonnaise, Miracle Whip type salad dressing Unsalted peanut butter, unsalted nuts Regular salad dressing, limit to 2 tablespoons per day, additional salad dressing must be prepared without salt	Bacon fat, salt pork Salted nuts, regular peanut butter Olives Snack dips made with instant soup mixes or processed cheese
Fruit and Fruit Juices	All fruits and fruit juices	None

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Meat, Eggs, and Cheese	Cottage or natural cheese, limit to ½ cup or 2 ounces per day, additional cheeses must be low sodium Eggs Fresh or frozen fish, meat, organ meats, poultry, or shellfish Low sodium canned tuna fish or salmon	Processed chesses, cheese foods or cheese spreads Commercially prepared frozen dinners and entrees* Canned tuna fish or salmon Processed meats such as frankfurters, luncheon meats, sausages, bacon, kielbasa, ham Pickled or smoked meats, poultry, or fish
Potatoes and Substitutes	White or sweet potatoes, yams, dried beans and peas Unsalted potato chips Macaroni, noodles, pasta, rice, barley, homemade bread stuffing	Salted potato chips Commercially prepared macaroni, noodles, pasta, potato or rice mixes Canned potatoes or yams Commercial bread stuffing
Soups	Commercially prepared low sodium bouillon and soups Homemade broth bases or cream soups prepared with low sodium base	Regular bouillon Regular canned, dehydrated, or frozen soups
Vegetables	All fresh or frozen vegetables Canned drained and rinsed vegetables or those without added salt, limit canned vegetables to 2 servings per day Salt free vegetable or tomato juice Salt free canned tomatoes	Vegetables prepared in a brine solution, i.e., pickles, sauerkraut Commercially prepared frozen vegetables in gravies and sauces Canned tomatoes Vegetable or tomato juice used in excessive amounts Vegetables seasoned with ham, bacon, or salt pork

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Miscellaneous	Ketchup, prepared horseradish Lemon or lime juice Vinegar, hot pepper sauce, low sodium soy sauce Coconut Flavoring extracts Pepper Salt substitutes, unless restricted by physician Herbs and spices Unsalted tortilla chips	Any seasoning made with salt, including garlic salt, celery salt, onion salt, sea salt, kosher salt Relishes Chili sauce, meat sauce, soy sauce, steak sauce, Worcestershire sauce, teriyaki sauce, cooking wine Meat tenderizers Salted snack foods Regular snack chips Monosodium glutamate, i.e. Accent Fat free salad dressings

FOOD PREPARATION NOTE

Since salt is sodium chloride, you must prepare foods with a **MAXIMUM** of ¼ teaspoon salt, celery salt, garlic salt, onion salt, or seasoned salt, or ½ teaspoon Lite salt **per day**.

NOTE ON LABEL READING

When buying foods, avoid buying foods with more than 400 milligrams sodium per serving and 800 milligrams for “frozen” meals, for example, Healthy Choice dinners and entrees are permitted.